

# State of the Heart

## Heart Disease in South Carolina



### Burden of Disease:

- About 610,000 Americans die each year from heart disease. Heart disease is a leading cause of death and disability in the United States. The most common form of heart disease in the United States is coronary heart disease, which can lead to heart attack.<sup>1</sup>
- Heart disease was the leading cause of death in South Carolina for 2015.
- During 2015, 10,034 South Carolinians died from heart disease.
- Heart disease accounted for 50,167 hospitalizations in South Carolina during 2015, with a total hospitalization cost of more than \$3.2 billion.\*

### Risk Factors for South Carolinians:

#### Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.<sup>2</sup>
- As many as 30 percent of all coronary heart disease deaths in the United States each year are attributable to cigarette smoking.<sup>3</sup>
- One out of every five adults in South Carolina smokes.

#### Overweight and Obese

- Being overweight increases the risk of heart disease by 32 percent.<sup>4</sup>
- Two out of every three adults in South Carolina are overweight or obese.

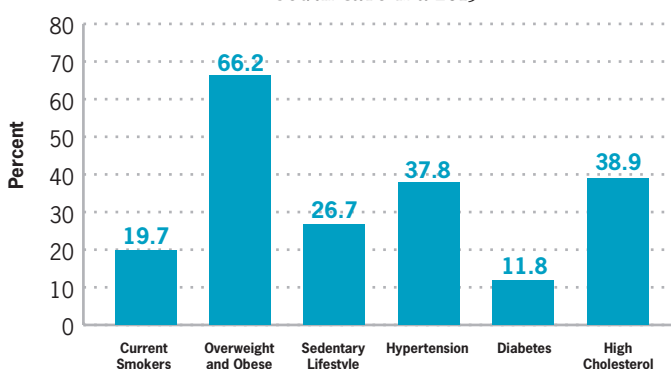
#### Sedentary Lifestyle

- Regular physical activity could reduce one's risk of having high blood pressure by nearly 20 percent.<sup>5</sup>
- Physical inactivity is estimated as being a cause of 30 percent of ischaemic heart disease.<sup>6</sup>
- Half of adults in South Carolina do not get the recommended amount of physical activity.
- Sedentary lifestyle is more common among women than men in South Carolina.

#### Hypertension (High Blood Pressure)

- Hypertension is often called the "silent killer" because, with the exception of extreme cases, it has no symptoms.<sup>7</sup>
- People with uncontrolled hypertension (high blood pressure) are three times more likely to die of heart disease.<sup>8</sup>
- Nearly two out of every five adults in South Carolina have high blood pressure.

Prevalence of Heart Disease Risk Factors  
South Carolina 2015



Data Source: South Carolina Behavioral Risk Factor Surveillance System

#### Diabetes

- Adults with diabetes are two to four times more likely to have heart disease than adults without diabetes.<sup>9</sup>
- At least 68 percent of people age 65 or older with diabetes die from some form of heart disease.<sup>9</sup>
- One out of every eight South Carolina adults has diabetes.

#### High Cholesterol

- People with high blood cholesterol have about twice the risk of heart disease as people with lower levels.<sup>10</sup>
- High cholesterol affects 39 percent of South Carolina adults.

# Stroke

## *in South Carolina*



### Burden of Disease for South Carolinians:

- Stroke is a leading cause of serious, long-term disability in the United States.
- According to the most recent national data available (2014), South Carolina had the seventh highest stroke death rate in the nation and is part of the “Stroke Belt,” a group of Southeastern states with high stroke death rates.
- Stroke was the fifth leading cause of death in South Carolina, resulting in 2,600 deaths during 2015.
- African Americans are 50 percent more likely to die from stroke than Caucasians in South Carolina.
- Stroke resulted in 15,059 hospitalizations in South Carolina in 2015.\*

### Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Unhealthy diet
- Physical inactivity

### How to Reduce Your Risk of Stroke:

- Get your blood pressure checked.
- Stay active.
- Eat a healthy diet.
- Use less salt.
- If you drink alcohol, drink in moderation.
- Get your cholesterol level checked.
- Stay smoke-free.

### Warning Signs of Stroke:

- Sudden weakness or numbness of the face, arm or leg on one side of the body.
- Loss of speech or trouble talking or understanding speech.
- Sudden dimness or loss of vision, particularly in one eye.
- Unexplained dizziness, unsteadiness or sudden falls, with no previous symptoms.
- Sudden, severe headaches with no known cause.

### Economic Cost of Stroke:

- Hospitalization costs of stroke totaled more than \$805 million in 2015 for South Carolina.\*

**For more information on cardiovascular disease prevention in South Carolina contact:** Bureau of Community Health and Chronic Disease Prevention, Division of Diabetes, Heart Disease, Obesity and School Health, (803) 898-1635

Data Sources: S.C. BFSS, S.C. Vital Records, S.C. Hospital Discharge

Fact sheet produced by Chronic Disease Epidemiology, November 2016

\*Based on provisional 2015 data

#### References:

<sup>1</sup> CDC Heart disease facts. Retrieved from <http://www.cdc.gov/heartdisease/facts.htm>

<sup>2</sup> CDC. Perspective in disease prevention and health promotion smoking and cardiovascular disease. MMWR Morb Mortal Wkly Rep 1984; 32:677-9.

<sup>3</sup> Cigarette smoking, cardiovascular disease, and stroke: A statement for healthcare professional from the American Heart Association. Circulation.1997;96:3242-3247.

<sup>4</sup> Bogers RP, Bemelmans WE, Hoogenveen RT, et al. Association of Overweight With Increased Risk of Coronary Heart Disease Partly Independent of Blood Pressure and Cholesterol Levels: A Meta-analysis of 21 Cohort Studies Including More Than 300 000 Persons. Arch Intern Med. 2007;167(16):1720-1728. doi:10.1001/archinte.167.16.1720.

<sup>5</sup> AHA Exercise can lower high blood pressure risk. Retrieved from <http://blog.heart.org/exercise-can-lower-high-blood-pressure-risk/>

<sup>6</sup> WHO New physical activity recommendations for reducing disease and prevent deaths. Retrieved from [http://www.who.int/chp/media/news/releases/2011\\_2\\_physicalactivity/en/](http://www.who.int/chp/media/news/releases/2011_2_physicalactivity/en/)

<sup>7</sup> AHA What is High Blood Pressure. Accessed March 5, 2013 at: <http://www.heart.org/highbloodpressure>

<sup>8</sup> Stamler J, Stamler R, Neaton JD. Blood pressure, systolic and diastolic, and cardiovascular risks. US population data. Arch Intern Med. 1993;153:598-615.

<sup>9</sup> AHA Cardiovascular disease and diabetes. Retrieved from [http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes\\_UCM\\_313865\\_Article.jsp/#Vqkk2\\_krlcs](http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp/#Vqkk2_krlcs)

<sup>10</sup> CDC Division for heart disease and stroke prevention. Cholesterol fact sheet. Retrieved from [http://www.cdc.gov/dhdsp/data\\_statistics/fact\\_sheets/fs\\_cholesterol.htm](http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_cholesterol.htm)

